

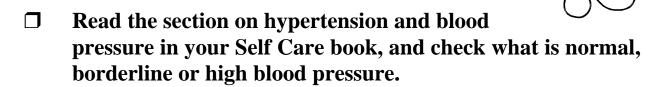
SELF CARE

Idea List for MAY





☐ May is High Blood Pressure Month; get your blood pressure checked.







☐ Listen to your kids; it improves communication, their self esteem, grades, and family cohesiveness.

☐ Substitute a soda during the day with nonfat milk. It will give you added protein, calcium, as well as vitamins, minerals, energy, and help prevent osteoporosis.

☐ Assemble your own complete first-aid kit and keep your Self Care book handy.



☐ Open your Self Care book and learn the self care steps for choking in adults and children.

